



## *Sacramento Regional Disaster Medical Assistance Team, CA-11, Inc.*

# **Field Exercises 2002 DMAT Member Equipment List**

This list is intended to provide members of DMAT CA-11 with a guideline for what to bring to this years training exercises. These exercises will be handled like real deployments as much as possible. As a result of this, all DMAT members should be equipped to handle a real (if short duration) deployment.

Items listed are separated by category and are designated as either required, recommended or optional. We have endeavored to keep the required list as short as possible, but certain items are mandatory either from a safety standpoint (gloves, adequate shoes, sleeping bag, etc.) or to present our Team in a positive fashion to our colleagues from the rest of California (minimum uniform).

Additional detail and recommendations may be found in the DMAT CA-6 Minimum Personal Equipment List. Requirements in the CA-6 list do not apply to CA-11 at this time. As CA-11 develops, and we become fully operational, the list of required items will expand.

<b>Uniform</b>				
<b>Item</b>	<b>Qty</b>	<b>Req.</b>	<b>Rec.</b>	<b>Opt.</b>
Identification (NDMS Card &/or CA-11 issued ID card)	1	<b>X</b>		
Team T-Shirt (issued by team)	2	<b>X</b>		
Khaki BDU Pants	1-2	<b>X</b>	2 rec.	
Khaki BDU Shirt w/insignia	1-2		<b>X</b>	
Khaki M-65 Field Jacket w/insignia	1			<b>X</b>
Khaki Field Cap (baseball cap style) or EMSA cap	1	<b>X</b>		
Wide Brim Field Hat	1			<b>X</b>
Boots, black, high top	1	<b>X</b>		
Belt, black webbing or leather	1	<b>X</b>		
Athletic Shoes (for camp wear), black	1			<b>X</b>
Extra underclothing & socks	2-3 sets		<b>X</b>	
Team Sweatshirt	1			<b>X</b>
Long underwear	1-2			<b>X</b>

<b>Personal Equipment - Camping</b>				
<b>Item</b>	<b>Qty</b>	<b>Req.</b>	<b>Rec.</b>	<b>Opt.</b>
Sleeping Bag (20° rating recommended)	1	<b>X</b>		
Sleeping pad	1			<b>X</b>
Backpack or duffel bag (black preferred)	1	<b>X</b>		
Padlock (for duffel bag)	1		<b>X</b>	
Daypack or fanny pack (black preferred)	1		<b>X</b>	
LBE Equipment (belt. Suspenders, pouches)	1 set		<b>X</b>	
Small Bags/Pouches (to organize personal gear)	3-5			<b>X</b>
Canteen or water bottle	1	<b>X</b>	2 rec.	
Personal First Aid Kit and medications	1		<b>X</b>	
Snack food (for trips down and back)			<b>X</b>	
Insect Repellant	1		<b>X</b>	
Sunscreen	1		<b>X</b>	
Pocket knife or multi-purpose tool	1		<b>X</b>	
Sunglasses (extra pair also recommended)	1		<b>X</b>	
Rain Suit or Poncho	1		<b>X</b>	
Bandana, large	1-2		<b>X</b>	
Swim Suit (for showering)	1		<b>X</b>	
Knit ski cap	1			<b>X</b>
Sweater (wool or polarfleece)	1		<b>X</b>	
Towel	1-2		<b>X</b>	
Personal Toiletries	1	<b>X</b>		
Baby-Wipes	1			<b>X</b>
Flashlight	1	<b>X</b>		
Extra batteries	2 sets		<b>X</b>	
Eating utensils (plate, cup, knife/fork/spoon)	1 set	<b>X</b>		
<b>Personal Equipment - Safety</b>				
Work gloves (leather preferred)	1-2	<b>X</b>		
Ear plugs	2 pr.	<b>X</b>		
Goggles	1		<b>X</b>	
Personal medical equipment (stethoscope, etc.)			<b>X</b>	

03/02

:ghw